

OWSI Freediving Program to become qualified PADI Freediving Instructor

Introduction

Scuba diving and freediving are 2 different activities that require very specific skills. Of course, it is easier to start freediving if you have already some good experience in scuba but you will still need to learn new techniques and skills to be able to demonstrate mastery as a professional Freediving Instructor.

As it is the case for every sport, the more you will practice, the more experience you will gain and the better you will become.

As an experienced Scuba Instructor myself (PADI – NAUI – SDI) , a professional freediver for more than 25 years (AIDA Education Officer and IT – PADI IT – CMAS Instructor – Apnea Academy Instructor – AIDA Judge Instructor) and former competition swimmer, I perfectly know what are the challenges encountered by the scuba instructors when they discover freediving for the first time.

My goal with this program is to support, motivate and educate the PADI Scuba Instructors and PADI Scuba centers who want to offer the exciting freediving product to their customers and prepare them with excellence.

I understand this program will represent a challenge for some OWSI, but at the end it is a question of responsibility and credibility from PADI to be able to provide safe and qualified freediving Instructor.

Required Skills and performances to demonstrate during the program

Skills to demonstrate with mastery:

- Relaxation Breathing;
- Last Breath;
- Recovery Breathing;
- Relaxation during the static;
- No 'pushy' attitude;
- Buddy in Static;
- Dynamic techniques: Bi fins – Monofin (optional) - No Fin (optional)
- Turning in Dynamic;
- Buddy in Dynamic;
- Safety in Static and Dynamic (LMC – BO)
- Duck dive;
- Body position in deep dives;
- Line orientation;
- Finning technique;
- Turning technique;
- Budy procedure;
- Lanyard use;
- Rescue exercises in depth;

Performances to pass:

- **Static 3'00 min;**
- **Dynamic 60m min;**
- **Dynamic Rescue exercise;**
- **CWT to 30m min;**
- **FIM to 30m min;**
- **Rescue BO at 20m;**
followed by a 50m tow on the surface while providing rescue breaths and/or CPR

Program

NB: prior to the course, the candidates need to finish and pass the Knowledge reviews and exams in PADI FD Touch. FD and ADV levels.

1. PADI FREEDIVER + Training + Workshops

- Day 1 AM: PADI FD Static and Dynamic – PADI FD Quick Review
- Day 1 PM: PADI FD **OW1**
- Day 2 AM :PADI FD **OW2**
- Day 2 PM: Training session – Depth Techniques – **Safety1 OW3**
- Day 2 Evening: Video Debriefing
- Day 3 AM: Workshop Breathing, Static, Dynamic - **Safety2**
- Day 3 PM: Workshop depth disciplines techniques (CWT–FIM) – **Safety3 OW4**
- Day 3 Evening: Video Debriefing

2. PADI ADVANCED FREEDIVER + Training + Workshops

- Day 4 AM: PADI ADV Stat and Dynamic – PADI ADV Quick Review
- Day 4 PM: PADI ADV **OW5**
- Day 5 AM: PADI ADV **OW6**
- Day 5 PM: Workshop Equalization – Depth Techniques – **Safety4 OW7**
- Day 5 Evening: Video Debriefing

3. SKILLS AND PERFORMANCES

- Day 6 AM: Static Performance – Buddy procedures
- Day 6 PM: Dynamic Performance – Rescue Exercise - Buddy procedures
- Day 7 AM: CWT and FIM Performance – Buddy procedures **OW8**
- Day 7 PM: Rescue BO **OW9**

4. OPTIONAL – Monofin workshop

- Day 8 AM: Monofin Technique in Dynamic
- DAY 8PM: Monifin Technique in depth **OW10**

Objectives

The objectives of this program are multiple:

- to build some confidence in the techniques and skills with the repetition;
- to gain freediving experience with the different training sessions;
- to train the important safety skills in order to prepare the future instructors;
- to responsabilize the future instructor to take their job seriously;
- to help the future instructors to pass this challenge

FOR information only- Adaptation to this program can occur

Program designed by JP FRANCOIS – PADI Freediver IT 939219 – Dec 2016